

Jumbo Banana Blueberry Muffins

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Original recipe and notes at www.devamadeo.com



Details:

Yield: 7 jumbo muffins or 14 regular-sized muffins

Total time: 50 minutes

Active time: 15 minutes

Baking time: 25-30 minutes

Equipment: large bowl, hand whisk, jumbo muffin pan or cupcake pan, liners

My Prep:

Ingredients:

- Butter - 4 TBSP, 57g
- Medium bananas, over ripe but not totally black - 3, about 207g
- Unbleached all-purpose flour - 2 cups, 267g
- Almond flour (or almond meal) - 1 cup, 110g
- Baking powder - 3 $\frac{1}{2}$ Tsp, 16g
- Fine sea salt - 1 Tsp, 6g
- Large eggs, at room temperature - 2
- Sour cream - $\frac{3}{4}$ cup, 170g
- Vegetable oil - $\frac{1}{2}$ cup, 104g

Steps:

Melt the 4 TBSP/57g of butter and let it cool down a bit. It can be slightly warm but not hot to the touch. Preheat oven to 425°. Line a jumbo muffin or regular cupcake pan with muffin liners.

Mash the 3 medium bananas until they just have small lumps.

In a large mixing bowl mix with a hand whisk the 2 cups/267g of flour, the 1 cup/110g of almond flour, the 3 $\frac{1}{2}$ Tsp/16g of baking powder and the 1 Tsp/6g of fine sea salt.

Make a well in the center and drop the 2 eggs. With a wooden spoon or silicon spatula slightly beat them, without mixing with the flour. Add the $\frac{3}{4}$ cup/170g of sour cream, the melted butter,

- Natural granulated sugar - $\frac{3}{4}$ cup, 150g
- Brown sugar - $\frac{1}{4}$ cup, 45g
- Vanilla extract - 1 Tsp
- Almond extract or emulsion (optional) - $\frac{1}{4}$ Tsp
- Blueberries (if using frozen, take them out right before adding) - $1\frac{1}{2}$ cup, 270g, mix with 1 teaspoons of flour
- Sliced almonds - about 1 cup, plus more for the top
- Demerara or turbinado sugar for sprinkling on top (optional) - about $\frac{1}{4}$ cup or 4 TBSP

Note: If not using a scale, spoon and level your measuring cup, never overpack it with flour.

My recipe highlights:

Extra notes:

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the $\frac{1}{2}$ cup/104g of vegetable oil, the $\frac{3}{4}$ cup/150g of natural granulated sugar, the $\frac{1}{4}$ cup/45g of brown sugar, the teaspoon of vanilla extract and the $\frac{1}{4}$ teaspoon of almond extract if using. Mix the wet ingredients within the center, without incorporating the flour.

Add the mashed bananas and mix slightly with the wet ingredients. Now, mix incorporating the flour with a wooden spoon, just until there are still some streaks of flour. Add the $1\frac{1}{2}$ cup/270g of blueberries and fold them into the batter. Add the cup/95g of sliced almonds and fold as well.

With an ice cream scooper fill each well slightly above the top. Chill for 10 to 15 minutes if possible but highly recommend.

Take out the pan and arrange sliced almonds through the edges of each muffin. Sprinkle Demerara or any course sugar on top. Arrange more blueberries on top as well if you want.

Bake for 7 minutes, then drop the temperature to 350° and bake for about 27 minute more, until a large toothpick comes out clean after inserted through the middle of a muffin. If you need more time after this point, cover muffins with foil, rotate the pan and bake an extra 5 minutes.

Let the muffins cool down before cutting or eating.

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